

*Hello All;*

*I have great news! On **Thursday, June 24<sup>th</sup>** and **Thursday, July 15<sup>th</sup>**, the Center for Living Education will be holding a “**Lunch with the Expert**” lunch& learn seminar. **Dr. Wexler** is coming to our location to give these informative presentations. The details are as follows:*

**THURSDAY, JUNE 24<sup>th</sup> : “The Science of Nutrition: How a Healthy Diet Creates a Healthy Future”!** This will convene at noon in the Edward H. Delott meeting room on the second floor of Town Hall. The presentation will last approximately 45 minutes to one hour , including a question and answer period.

**THURSDAY JULY 15<sup>th</sup> : “Relaxing The Ties That Bind: Learning to Recognize and Release Stress” in the Training Room.** This presentation will also meet at noon and last approximately one hour.

*In addition, there will be **FREE SANDWICHES** provided for those who **sign up! Please note, if you sign up for either seminar, attendance is mandatory. Remember to sign up and submit your respective staff attendees to PERSONNEL no later than Tuesday, June 15<sup>th</sup>.***

*Thanks, and hope to see you there*

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